

# The ABCs of Safe Sleep

The Defense Department is committed to helping military parents keep their babies safe – especially during sleep. With a few actions, you can create a happy and healthy sleep environment for every nap and every night.



## Alone

Your baby should be alone in their sleep space. That means:

- Never sleep in the same bed with your baby.
- Keep stuffed animals and pillows out of the sleep area.
- Do not use loose bedding or bumper pads.

Alone does not mean away. **Try room sharing** instead of bed sharing.



## Back

Place your baby on their back to sleep.

- Your baby should sleep flat on their back for all sleep times.

As your baby grows, they may roll onto their stomach during sleep. Always start them flat on their back, but as they begin to comfortably roll both ways, you do not need to turn them back.



## Crib

Put your baby to sleep in a crib or bassinet.

- Your baby should sleep on a firm, flat surface with no incline.
- If your baby falls a sleep while you are on the go, move them to a flat sleep surface as soon as possible.

Check the **Consumer Product Safety Commission** to see if your crib meets safety standards.



If you have questions or concerns about your baby's sleep, talk to your pediatrician.

Visit our Safe Sleep MilLife Guide to learn more about expert guidelines for safe infant sleep: [www.militaryonesource.mil/resources/millife-guides/safe-sleep](http://www.militaryonesource.mil/resources/millife-guides/safe-sleep).

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